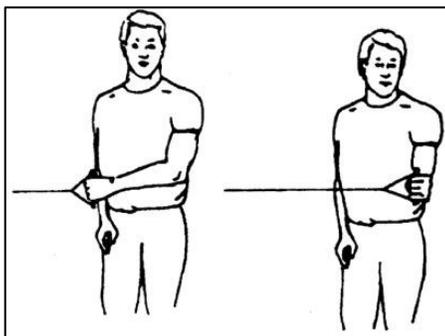


Rotator Cuff & Scapular Strengthening for the Shoulder

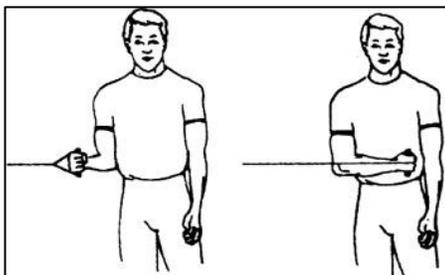
This is a home program designed to strengthen the muscles of the rotator cuff and scapula. Therabands are rubber bands that may be obtained from your physical therapist or purchased at a sporting goods store (e.g. Dick's, Sports Authority, etc). Light free weights such as 2-3 lb. dumbbells will be useful, but if these are not readily available simple household items such as a can of soup may be used instead. Complete this program 3-4 times per week to keep the shoulder strong and healthy. Note: each exercise should be performed for both shoulders.

Exercises



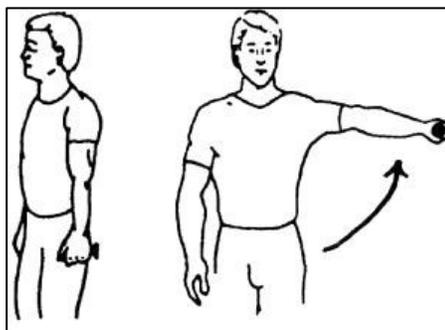
External Rotation

Attach the theraband at waist level to a doorknob or post. While standing sideways to the door and facing straight ahead, grasp one end of the band and pull the band all the way through until it is taut. The elbow is placed next to the side with the hand as close to your chest as possible (think of this elbow as being a hinge on a gate). Taking the cord in the hand 'set' the shoulder blade and move the hand away from the body as far as it feels comfortable. Return to the start position. Perform 2 sets of 20 repetitions.



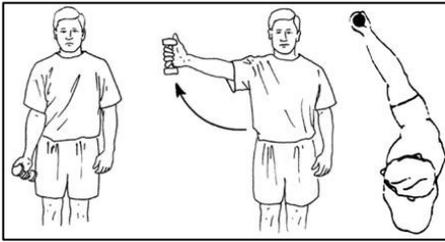
Internal Rotation

Attach the Theraband at waist level in a doorknob or post. While standing sideways to the door and looking straight ahead, grasp one end of the handle and pull the cord all the way through until it is taut. The elbow is placed next to the side and is flexed at 90 degrees (think of this elbow as being a hinge on a gate). Taking the cord in the hand, 'set' the shoulder blade and move the hand toward the belly as far as it feels comfortable, or to where the endpoint of pain limits you. Return to the start position. Perform 2 sets of 20 repetitions.



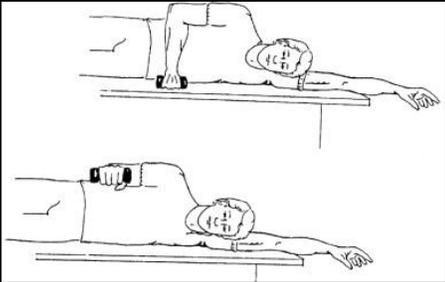
Lateral Raises

Stand with the arm at your side with the elbow straight and the hands rotated so that the thumbs face forward. Raise the arm straight out to the side, palm down, until the hands reach shoulder level. Do not raise the hands higher than the shoulder. Pause and slowly lower the arm. Perform 2 sets of 12 repetitions.



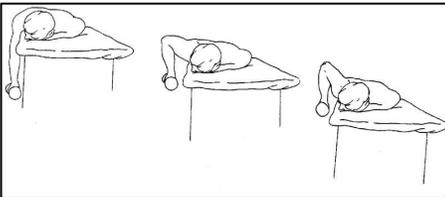
Standing forward flexion ('full-can') exercise

Stand facing a mirror with the hands rotated so that the thumbs face forward. While keeping the shoulder blade 'set' and keeping the elbows straight, raise the arms forward and upward to shoulder level with a slight outward angle (30°). Pause for one second and slowly lower and repeat. Perform 2 sets of 12 repetitions.



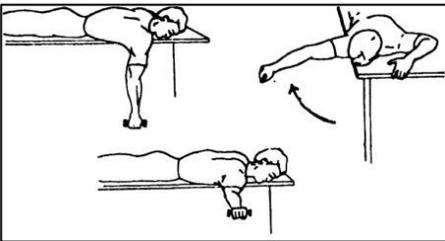
Sidelying external rotation

Lying on your side, bend your elbow to a 90-degree angle and keep the arm firmly against your side with your hand resting on your abdomen. By rotation at the shoulder, raise your hand upward, toward the ceiling through a comfortable range of motion. Hold this position for 1 to 2 seconds, and then slowly lower the hand. Perform 2 sets of 10 repetitions.



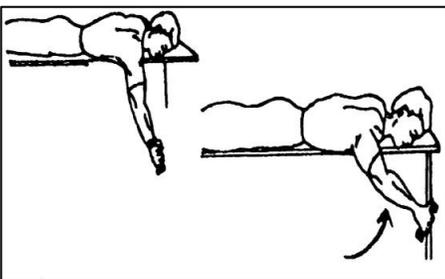
Prone rowing exercise

The starting position for this exercise is to lie face down on your bed with the arm hanging freely off of the side. While keeping the shoulder blade 'set', raise the arm up toward the ceiling while bending at the elbow. The elbow should be drawn along the side of the body until the hands touch the lower ribs. Always return slowly to the start position. Perform 2 sets of 15 repetitions.



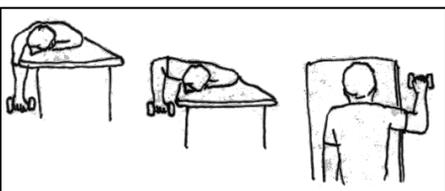
Prone horizontal abduction ('T's')

The starting position for this exercise is to lie face down on your bed with the arm hanging freely off of the side. Rotate your hand so that the thumb faces forward. While keeping the shoulder blade 'set' and keeping the elbows straight, slowly raise your arm away from your body to shoulder height, through a pain-free range of motion. Hold that position for 1 to 2 seconds and slowly lower. Limit the height that you raise the arm horizontal to the floor. Perform 2 sets of 10 repetitions.



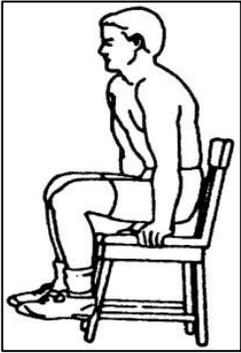
Prone scaption ('Y's')

The starting position for this exercise is to lie face down on your bed with the arm hanging freely off of the side. Keep the shoulder blade 'set' and keep the elbows straight. Slowly raise the arm away from your body and slightly forward through a pain-free range of motion (so that your hand now has the thumb facing up, and is aligned with your forehead). Hold that position for 1 to 2 seconds and slowly lower. Limit the height that you raise the arm to 90 degrees, or in other words, horizontal to the floor. Perform 2 sets of 10 repetitions.



Prone external rotation at 90° abduction ('U's')

Lie face down on a table or bed with your arm hanging over the side. Raise the arm to shoulder height at a 90° angle to the body. While holding the arm in this position, rotate the hand upward, until the hand is even with the elbow. Hold one second and slowly let the hand rotate to the starting position and repeat. Perform 2 sets of 10 repetitions.



Press ups

Seated on a chair or table, place both hands firmly on the sides of the chair, palm down and fingers pointed outward. Hands should be placed underneath the shoulders. Slowly push downward through the hands to elevate your body. Hold in this position for 1-2 seconds and slowly lower your body back to the chair. Perform 2 sets of 10 repetitions.